Fast Track

Fast Track is a 6-week, revised version of the 12 Weeks to Wellness program.

Fast Track is a weight loss program focused on the emotional connection to food and weight. It is structured with a holistic mind, body and spirit approach versus just a body-centered, calories in - calories out approach.

Through self-awareness and practice, participants will learn to:
- Give up dieting
- Find balance with food intake
- Replace all-or-nothing thinking, perfection and control with trust and self-acceptance
- Use positive self-talk
- Reduce cravings and emotional eating
- Differentiate physical from emotional hunger
- Identify personal core values for goal alignment
- Manage stress through communication, boundaries and self-care

Fast Track is intensive and comprehensive. Participant readiness is important as a lot of content will be covered in a six-week period and they will be expected to actively participate.

Start Date: March 3, 2020 (6 x Tuesdays ending April 7th)
Time: Noon - 1:00 pm
Location: TBD
Price: Complimentary*
Instructor: Claudette Pelletier-Hannah
Registration: Complete agreement and email to org.health@ualberta.ca. The registration deadline is February 25, 2020.

Please note:
- Minimum enrolment must be met by February 25, 2020 for the class to run.
- Classrooms are scheduled in a central location in an effort to accommodate as many participants as possible.

* All current faculty and staff members are eligible to receive the training complimentary upon course completion (maximum 1 missed session). Those who miss more than one session will be restricted from registering for HRS - Health Promotion programming for a 3 month period.
By choosing to register for the program, you are agreeing to the terms and conditions as outlined above.

Participants who miss more than 1 session and those choosing NOT to participate in the program will be subject to the same penalty as those who have completed the workshop. Workshop materials are provided to registered participants only if cancellations are not accepted due to health or personal reasons. The expectation is that participants will attend all 6 sessions. Participants must attend a minimum of 5 sessions. Participants who attend less than 5 sessions will not be eligible to register in any Health Promotion Program (Health and Life, Mental Health First Aid, ASIST, Open or Leaders’ Workshops, etc.) through Organizational Development, Equity and Health – Human Resource Services. Once the workshop materials are provided to participants, course cancellations will not be accepted. Participants must attend a minimum of 5 sessions and are expected to make up any work they have missed between sessions. Individuals missing more than 1 session will not be eligible to register in any Health Promotion Program. The exception is for participants who miss 1 session, which is possible if they have fully completed the program.

This program is being funded through the benefit plan and University staff and faculty members are therefore eligible to have the full cost covered if they fully complete the program.

Registration Agreement

Registrant’s Signature: Date:

Campus Address: E-mail:

Faculty/Department: Phone:

Date: ID#

Registrant’s Name:

University of Alberta Staff Member Information:

☐ Support Staff ☐ Academic Staff

Registration Type: (please check one)

FAST TRACK REGISTRATION FORM